

2018 Group Exercise Class Schedule *Fee Based Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15AM Instructor	Driven Traci Turner		Driven Traci Turner		Driven Traci Turner
5:30AM Instructor		TRX Training Leigh Ann Medley		TRX Training Leigh Ann Medley	
6:15AM		Men's Open Gym Basketball		Men's Open Gym Basketball	
7:45AM Instructor		TRX Training Leigh Ann Medley		TRX Training Leigh Ann Medley	
8:45AM Instructor	Driven Traci Turner	Driven Michelle Day	Driven Traci Turner	Driven Michelle Day	Driven Traci Turner
9:00AM Instructor					
9:30AM Instructor	Low Impact Fitness Michelle Day		Low Impact Fitness Michelle Day		Low Impact Fitness Kharja Teed
10:15AM Instructor	Beginner Body Flow Michelle Day		Beginner Body Flow Michelle Day		
5:30PM Instructor		Driven Kharja Teed		Driven Kharja Teed	
6:30PM Instructor	Tae Kwon Do* Angela Thuro	Self Defense* Storm Cantrell		Tae Kwon Do* Angela Thuro	
High Intensity Training* sessions offered at select times. Inquire at Front Desk.					
*Indicates Fee Based Class					